

Idaho Department of Education

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Recipe

Mar 11, 2013

Recipe: 000186 Broccoli Beef Crumble K-12

Recipe Source:

Recipe Group: ENTREES

Alternate Recipe Name:

Number of Portions: 100

Size of Portion: 1 Piece

Recipe HACCP Process:

902475 USDA Beef, Ground 100158..... 902446 USDA Cheese, Mozzarella, LMPS, Loaves 100022.....	8 1/2 LB 3 1/8 LB	Preheat oven to 400°F Convection; 350°F Convection. <u>Prepare Ingredients:</u> Thaw ground beef according to manufacturer's directions. Shred cheese.
902456 USDA Broccoli, Florets, Frozen 110282.....	31 1/4 LB	<u>Prepare Ground Beef:</u> Brown ground beef. Drain fat. <u>Prepare Broccoli:</u> Steam or boil broccoli according to the USDA foods instructions: <i>Stockpot or Steam-jacketed Kettle</i> : Add frozen broccoli to boiling water. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain. <i>Steamer</i> : Place a single layer of frozen broccoli in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. Do not boil. Note: DO NOT OVERCOOK. Broccoli should be tender yet crisp. Chill in the refrigerator. Drain liquid that accumulates during chilling.
902468 USDA Eggs, Pasteurized, Whole 100046..... 799903 GARLIC, GRANULATED..... 799904 MUSTARD, POWDER/DRY..... 002025 NUTMEG, GROUND..... 018376 BREAD CRUMBS, DRY, GRATED, ITALIAN SEASONED...	2 QT 2 1/3 TBSP 2 1/3 TBSP 1 TSP 6 1/4 CUP	<u>Prepare Cheese-Egg Mixture:</u> In a mixer with the whisk attachment combine eggs, granulated garlic, mustard powder, and nutmeg; mix well. Mix in shredded cheese.
		<u>Assemble Broccoli Beef Crumble:</u> Evenly distribute broccoli and beef in 4 deep steam table pans. Toss broccoli and beef together. Evenly distribute cheese-egg mixture into each pan; toss each pan well. Spread beef and broccoli mixture evenly in the pan. Divide bread crumbs evenly and sprinkle over Broccoli Beef Crumble. <u>Bake Beef and Broccoli Dish:</u> Bake for 35-40 minutes or until bake reaches 155°F. Cut each pan into 25 servings. Serve hot.

*Nutrients are based upon 1 Portion Size (1 Piece)

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Calories	308	kcal	Cholesterol	290.60	mg	Protein	26.06	g	Calcium	490.33	mg	50.43%	Calories from Total Fat
Total Fat	17.27	g	Sodium	378.65	mg	Vitamin A	110.10	RE	Iron	2.57	mg	19.60%	Calories from Saturated Fat
Saturated Fat	6.71	g	Carbohydrates	12.79	g	Vitamin A	563.97	IU	Water ¹	*0.51*	g	*18.91%*	Calories from Trans Fat
Trans Fat ¹	*6.48*	g	Dietary Fiber	3.77	g	Vitamin C	53.28	mg	Ash ¹	*0.44*	g	16.60%	Calories from Carbohydrates
												33.82%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	2.250 oz				? - Milk
Grain.....	0.250 oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	0.750 cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902475	USDA Beef, Ground 100158			
I	902446	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	902456	USDA Broccoli, Florets, Frozen 110282			
I	902468	USDA Eggs, Pasteurized, Whole 100046			
I	799903	GARLIC, GRANULATED			
I	799904	MUSTARD, POWDER/DRY			
I	002025	NUTMEG, GROUND			
I	018376	BREAD CRUMBS, DRY, GRATED, ITALIAN SEA			

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